

Ohio Regional Pregnancy Center Coalition

Ohio Department of Job and Family Services (RFGA number JFSR1415178081)

Ohio Parenting and Pregnancy Program Grant

Ohio Regional Pregnancy Center Coalition (ORPCC)

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Grant Period: September 2014 – June 2015

Project Title: Ohio Regional Pregnancy Center Coalition (ORPCC)

Objectives and Need for Assistance

The Ohio Regional Pregnancy Center Coalition (ORPCC) respectfully submits this proposal for the Ohio Parenting and Pregnancy Program Grant administrated by the Ohio Department of Job and Family Services (RFGA number JFSR1415178081) requesting \$124,998.00. The purpose of the ORPCC proposal is to increase community awareness of available services, increase availability of services and provide new and expanded services (not supplanting existing services) for pregnant women and parents or other family members caring for children twelve months of age or younger. The intent of our pregnancy programs is to support parents, caregivers and relatives of children birth to 12 months in their efforts to create or maintain healthy families. The ORPCC offers geographical diversity including a rural, suburban and urban mix and a very reasonable, quality proposal. Counties included in the ORPCC proposal include Athens, Delaware, Hardin, Richland, and Ross with several surrounding counties also benefiting from this proposal, specifically Hocking, Morgan, Perry, Vinton, Meigs, Pickaway, Jackson, and Pike (see map).

Six collaborators make up the ORPCC. Included is Richland Pregnancy Services, Heartbeats of Hardin County, and Pregnancy Resources of Delaware County who all serve their counties while surrounding counties are served by other pregnancy centers. Elizabeth's Hope has centers in Ross, Pickaway, Pike and Jackson counties. Pregnancy Resource Center of Athens serves the city of Athens and because of its influence in the area counties with smaller populations, including Morgan, Perry, Hocking, Vinton, Meigs and Washington counties, are drawn to the metro area. A small amount of funding for each of these areas will make a huge impact and will be reaching areas of the state that otherwise would not be reached. In each area, the need is so great and this funding will make an incredible difference. (see Appendix for map) The main counties in the coalition include Athens, Delaware, Hardin, Richland and Ross. Other counties that will be served are Hocking, Jackson, Meigs, Morgan, Perry, Pickaway, Pike, Vinton, and Washington, making the total counties served 14.

According to a 2013 Ohio Department of Health Woman and Infants Health report: “Infants born to teen mothers aged 15-17 and 18-19 in Ohio have a mortality rate of 10.3, significantly greater than infants born to older mothers ($p < .0001$).” In 2013, thirty-one percent (31%) of the clients seen at Pregnancy Resource Centers were 15-19 years of age.

Ohio is the 47th worst state for infant mortality. Our plan is a two-pronged approach: safe sleep education/promotion and promotion of the centers’ locations and programs. The duration of the grant is September 2014 through June 2015.

In 2014 the Ohio Department of Health launched a statewide “Infant Safe Sleep Campaign” in response to reducing the Ohio infant mortality rate. Each week, there are more than three Ohio infant deaths that are sleep related. Ohio ranks eighth in the country as having one of the highest infant mortality rates. Preventing infant mortality is now one of the Ohio Department of Health’s four strategic priorities. ORPCC also responds to this crisis by supplying safe cribs and mattresses through our parenting classes and making communities more aware of our services. Our centers implement an incredible parenting program called *Earn While You Learn*. It consists of DVDs by experts on parenting and each video is accompanied by worksheets. EWYL is a two-year program encouraging parents to prepare for parenting and then learn more about every aspect of parenting. Each module that is completed allows the client to earn points, sometimes called “Baby Bucks”, that can then be spent in the center’s Baby Boutique where the expecting parent or parent of a newborn to 2-year-old purchase almost everything their baby will need for the first two years. Items are new or gently used. Most centers offer larger items as the classes progress. This funding will allow several of the centers to provide cribs and mattresses and other large items. It is the goal of pregnancy centers to not just to give away items but teach responsibility by requiring the client “do” something to earn the items needed. In this program the client is educated which benefits both the parent and the child and encourages optimal health for young families.

Objectives of the ORPCC Project

1. Increase by 10% the number of clients (Sept 2014-June 2015) in each of the five main counties by increasing community awareness of available services, programs and the existence of our centers.
2. Increase availability of current services and provide at least one new or expanded service in each of the five main areas for pregnant women and parents or other family members caring for children twelve months of age or younger.
3. Support parents, caregivers and relatives of children birth to 12 months in their efforts to create or maintain healthy families by providing parenting classes where safe cribs and mattresses are the reward for gaining new knowledge to support optimal health for babies and families. 109 cribs, 109 mattresses and 38 pack n plays will be provided, allowing us to reach more families.

Outcomes Expected

1. There will be a ten percent increase in the number of clients served when numbers served at each site from September of 2013 to June of 2014 is compared to the number served from September of 2014 to June of 2015. Total clients served by five pregnancy centers are 6,971 during 2013. We expect at least 700 or 10% more to be served as a result of this campaign. We expect another 10% in the following year.
2. The three activities are expanded parent programs, training for new client programs and media program for community awareness. The availability of current services will be expanded because of the media campaign providing billboards in selected sites, expanded social media, new radio spots for selected areas and printed brochures and available resources. There will be at least one new or expanded service in each area including new parenting classes and expanded parenting classes and client relationships classes, expanded social media and web sites, and more name recognition in each area.
3. Supporting parents, caregivers and relatives of children birth to 12 months in their efforts to create or maintain healthy families will be increased especially as we get the message to the community that we are able to expand services not only to parents, but to caregivers and relatives who are caring for children birth to 12 months.

Our programs are designed to supplement (not supplant) existing services by using awarded funds for new or expanded services, or expanded access to services for pregnant women, supporting healthy childbirth programs and services and providing resources necessary to support the needs of children through their first year of life.

All data on clients is collected confidentially and put in a data base with confidential parameters. Reports do not report individual clients information. Individual files on clients are kept in locked cabinets and only accessible to the nurse or client consultant at each office.

Subgrantees were invited to participate in this project. Subgrantees are long-time collaborators and thus are use to working with Relationships Under Construction on other projects. MOUs are in the Appendix for all five subgrantees. Subgrantees will report progress monthly to RUC using reports from the data bases that are already established. These centers have long ask the question, "How did you hear about us?" and that will be reported to track community awareness.

Target Population

Every woman deserves love and support during an unexpected pregnancy. Pregnancy centers provide the emotional support and practical resources needed to welcome a new life by surrounding each client with unconditional love and compassion. This includes helping each woman to recognize her own inherent value and the inestimable value of the child she carries in her womb. Heartbeat International Web site

The target population for pregnancy centers is pregnant teens or adults who need help with their pregnancy and parenting. We know that more problems exist the higher the poverty rate.

There are approximately 13.7 million single parents in the United States today, and those parents are responsible for raising 22 million children. This number represents approximately 26% of children under 21 in the U.S. today. The proportion of custodial mothers with incomes below poverty (31.8%) was about twice as high as that for custodial fathers (16.2%). (U.S. Census Bureau [Custodial Mothers and Fathers and Their Child Support: 2009](http://www.census.gov/prod/2011pubs/p60-240.pdf) Report released December 2011. <http://www.census.gov/prod/2011pubs/p60-240.pdf>.)

In 2010 in Ohio the poverty rate for the state was 16.4%. Ten of the 13 counties in our proposed project have higher rates for poverty than the state average (see chart in Appendix). The highest poverty rate of the counties in our project is Athens with a poverty rate of 35.0% of Athens County residents living at poverty levels. Pike County follows with 22.7%. But even in Delaware County where the poverty levels are low, much need exists for help with pregnancies where people are in dire need of help in making life-altering decisions. Sometimes just a little bit of help and encouragement make the difference that a child will have a healthy life. The average age of a young person coming to a pregnancy center for help is 22, but clients range from ten or eleven years old to 45 years old. Clients are usually not married, but all pregnancy centers have helped married couples who simply do not feel they are qualified to raise a child. The pregnancy center is one of the few organizations who actually offer parenting classes and we get comments everyday as to their effectiveness, though very few are written.

Here are some client comments that show how important our programs are:

Comments from Heartbeats of Hardin County Bridges Program

What changes have you made in your life in the past year because of the Bridges program?

3 year female Bridges member:

I feel like I have been more helpful to others because the program has helped us out so much. I've learned to budget money a little better and realize how important it is to budget correctly.

2 year female Bridges member:

Finding better ways to manage money, information on child safety, love language lesson help me to understand my husband more, love learning about the brain and how it connected to relationships.

6 month female Bridges member:

I listen to my husband more, I have patience with my daughter and I am not as scared about having another child.

3 year female Bridges member:

Been able to save money thanks to help with diapers and some changes in my parenting style and better my relationship with my husband.

1 ½ year female Bridges member:

Getting to know my kids, having patience, being a better person.

Do you feel the program has benefited you and your family? In what ways?

5 year female member:

It has benefited me and my family by getting us all to think things through.

female Bridges member:

It has helped me by getting my baby stuff that she need. Because my boyfriend don't make that much and times are hard even when you have more than one kid.

4 month female Bridges member:

Helping with stuff I can't buy

7 year female Bridges member:

Helps me with things I need and helps me with my baby diapers, wipes, clothes, etc.

3 year female Bridges member

Helped with diapers when I don't have much money. Helped with tips from potty training to money budget.

In what ways has the material aid helped your family?

3 year female Bridges member:

Diapers are the most expensive item I get and when I can get them from here every month, it has helped me be able to buy other things I needed.

3 month female Bridges member:

Just having the resources available when I have questions.

5 ½ year female Bridges member:

Diapers that I needed and clothes that I needed.

3 year female Bridges member:

We have been able to save money.

3 year male member:

Diapers are very costly and being able to acquire them at Heartbeat saves money that can be used for other means.

General Comments

3 year male Bridges member:

The Heartbeat program is a wonderful program that benefits new parents of all ages.

3 month male Bridges member:

I love the program it helps my family so much.

new male Bridges member:

I'm extremely grateful for this program because it has helped our family fully understand the benefits and the requirements needed for our baby and parenting.

Project Lead – Organizational Capacity

Relationships Under Construction (RUC) served as the lead on this project, is well qualified and has a history of starting programs as soon as the notification of award is received. RUC has been awarded directly or indirectly over \$14 million in state and federal grants and with that funding served over 305,000 students. All objectives will be met within the time frame of the grant agreement period of August 29, 2014 through June 30, 2015. We are confident that if we are awarded for the first year, we will meet all requirements and be selected if a renewal period is available. Each project RUC has implemented has exceeded expectations, met all objectives and created an environment for positive change and optimal health with pre and post surveys evaluating and confirming evidence.

The Program Lead is Relationships Under Construction under the direction of President, Catherine Wood. Her resume and each case worker's resume and/or Curricula Vitae are included in the Appendix for all key positions. All are residents of Ohio.

RUC is a private non-for-profit organization that has a valid 501(c) 3 tax status determination letter that is included with our application. RUC has a physical location office at 9918 Brewster Lane, Powell, Ohio 43065. RUC is the founder of a pregnancy center called Pregnancy Resources, Delaware County and RUC also collaborates with 20 pregnancy centers located in 32 Ohio counties. RUC provides relationship and marriage education for these centers as well as for local schools by training teachers indigenous to each area, thus providing services to urban, suburban and rural areas, including those counties with the highest poverty rates in the state. Many of our counties are in the top 20 for highest teen pregnancy rates and STD rates.

All of the pregnancy centers RUC collaborates have IRS tax exemption certificates and liability insurance and all documents are on file with the Program Lead's office. All pregnancy centers in collaboration with ORPCC provide services to pregnant women and parents or other relatives caring for children twelve months of age or younger. The pregnancy centers' services include consulting, clothing, diapers, parenting classes, and referrals for shelter, health care and other supportive services to assist clients in getting their needs met. RUC provides healthy relationship, marriage, dating violence and STD classes to provide skills for optimal health for our clients. RUC and the pregnancy centers collaborate to provide school classroom sessions for 6th – 12th grade students to prevent teen pregnancy and thereby prevent teen abortions from occurring. RUC and the pregnancy centers in these areas provide five sessions of programming

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for over 20,000 middle and high school students each year under other funding. RUC has a long history of working with these five centers – some since 2002 and others since 2006. As noted in the history of these organizations, RUC has been an integral part of their services.

The ORPCC collaboration does not charge a fee to pregnant women or parenting adults and their children. We are not involved or associated with any abortion activities. We do not discriminate in our provision of services on any basis including race, religion, color, age, marital status, national origin, disability or gender. All of our collaborators agree with the same and have signed assurances (requirements of §5101.804) agreeing to the same.

Key positions include:

Program Lead and Outcome Manager

Catherine Wood, President of Relationships Under Construction, with 28 years of experience with relationships and marriage education in pregnancy centers and schools. 12 years experience of grant writing, awards, implementation, reporting and outcomes. She has implemented and reported the successful outcomes of over \$14 million in federal and state grant awards. Catherine has 13 years of experience in founding a pregnancy center with abortion prevention services, childbirth promotion, family promotion, parenting development and adoption encouragement and education. Catherine will oversee and implement this funding. She will coordinate all key staff including the Fiscal Specialist, Administrative Coordinator and five “Case Workers.”

Fiscal Specialist

Karen Schwartz, Account Controller at RUC with 30 years of managing fiscal programs. Karen will implement the fiscal management of this funding as she has done with several federal and state grants awards. Karen currently fiscally manages a RUC grant with the ODH.

Administrative

Marcella Stoll, Administrative Coordinator, with 6 years of experience with abortion prevention services, childbirth promotion, family promotion, parenting development and adoption encouragement and education. Her duties include assisting Catherine and Karen at RUC.

Case Workers Athens County

Subgrantees (5)

Rachel Esselburn, Executive Director of Pregnancy Resource Center of Athens County (PRCAC), 15 years of experience with abortion prevention services, childbirth promotion, family promotion, parenting development and adoption encouragement and education. Rachel served as Registered

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Nurse and Interim Nurse Manager at O'Bleness Memorial Hospital in Athens, Ohio until 2009. She began serving at the pregnancy center in 1999. Rachel will oversee the implementation of this project.

Nadia Mitchell, Director of Client Services for PRCAC since 2010, has her Ph.D. in Teacher Education, Curriculum and Instruction. Nadia will implement this project, assisted by staff and volunteers.

RUC collaboration with this subgrantee began in 2003-2006 and again in 2012- present.

Delaware County Cindy Violet, Executive Director of Pregnancy Resources of Delaware County (formerly The Core Center), 15 years of experience with abortion prevention services, childbirth promotion, family promotion, parenting development and adoption encouragement and education. Cindy began work with Pregnancy Decision Health Centers in 1999 and became the Executive Director of PRDC in 2012. She has a BA in English and served as the Executive Director of Red White and Boom for the first ten years of its existence. Cindy will oversee and implement this project. She will be assisted by staff and volunteers.

RUC President, Catherine Wood, founded this pregnancy center in 2007.

Hardin County Julie Zaring, Executive Director of Heartbeat of Hardin County, 16 years of experience with abortion prevention services, childbirth promotion, family promotion, parenting development and adoption encouragement and education. She has served as Executive Director since 2006. Julie has served as a teacher for Relationships Under Construction since 2003 and has worked with Hardin County Family and Children First from 1998-2003 and currently with their Teen Pregnancy Prevention grant. Julie will oversee and implement this project. She will be assisted by volunteers.

RUC has collaborated with this center and Julie Zaring since 2002.

Richland County Pam Crank, Executive Director of Richland Pregnancy Services, three years of experience with abortion prevention services, childbirth promotion, family promotion, parenting development and adoption encouragement and education. Pam will oversee and implement this project. She will be assisted by RPS staff and volunteers. RUC has collaborated with RPS since 2006.

Ross County Lisa Cutler, Executive Director of Elizabeth's Hope Pregnancy Resources Centers, two years of experience with abortion prevention services, childbirth promotion, family promotion, parenting development and adoption encouragement and education. Lisa will oversee and implement this project. She has four center coordinators who will assist her.

RUC collaborated with EHPR from 2003-2006 and again from 2011 to the present.

See Key Staff Resumes in the Appendix

All key staff will participate in a conference call within seven days of being awarded and will attend their first in-person meeting within 15 days of the award. All other work will be done by email and phone conferencing. The coalition will meet in-person two times each year for training, evaluation and coordination of the project.

All key staff agree to be bound by the same standards of confidentiality that apply to the employees of ODJFS and the State of Ohio. All key staff agree to comply with any court order to provide child support if such a court order exists. All necessary insurance is in effect with subcontracted agencies and lead agency. Subcontracted entities' insurance is on file with lead agency.

Relationships Under Construction agrees to the Attachment B Model Grant Agreement and will sign if selected as a grantee and be available for an interview if needed. RUC is in good standing with the Federal government and with the Ohio Auditor of State.

Activities for This Project

Parenting and Program Activities

Three project activities

1. Expand Parenting Programs:

- PRCAC will purchase an updated parenting program curriculum to expand their program. The other centers already have enough copies of the curriculum at the present time.
- Three of the centers will purchase cribs, mattresses and pack n plays. One of the centers will purchase car seats and strollers. All of these items will be used in the parenting programs which clients earn as they completed modules of the program.
- PRCAC will purchase medical supplies to expand their ultrasound and prenatal care and add STI testing. They already have ultrasound equipment, but this will allow them to finally use their equipment. The other centers are equipped with ultrasounds and the medical supplies. If this funding continues, they would like to expand their STI testing to reach more people in their counties.

2. Provide Training

- RUC will provide curriculum and training for each center for their staff and volunteer consultants. This will expand each the client programs and encourage better relationships, parenting and safer, healthy relationships for the parents and their children.

3. Community Awareness Activities:

- Billboards will be utilized in four of the collaborative areas with the fourth area using transit bus advertisements.
- Radio spots will be utilized in three collaborative areas.
- Social media and web site updates will occur in three areas.
- Updates of outdoor signage will be made for two collaborative areas (Ross and Hardin counties), but actually on five buildings (Hardin, Ross, Pickaway, Jackson and Pike).
- Program and center brochures, promotional banners, table covers and handouts will be utilized by three collaborators.

See budget for a more detailed listing of activities by collaborator. ORPCC collectively is determined to use this money wisely and get the most needed assistance for each area. We are always told we are the best kept secret because we have not had the ability to get the word out about us as we would like. Thank you for possibly allowing us this opportunity.

An implementation evaluation of the project will be tracked to show how and when each objective is met. RUC will be responsible for keeping records and reporting on the implementation of this project. Each subgrantee will complete paper work in a reasonable manner to help document all activities. RUC currently is the Lead Coordinator on the Ohio Adolescent Health Centers Coalition and coordinates the reports of 20 collaborators on that project. No evaluation information will be released without a review of such information by ODJFS.

Third party agreements are in the Appendix.

The Appendix also has a list of many letters of support for this project.

About each of our collaborators:

Each of our collaborators has signed a Memoranda of Understanding (MOU) (see Appendix).

Relationships Under Construction (RUC) (Program Lead)

Relationships Under Construction was incorporated in 2002 as ATM Education and is now known as ***Relationships Under Construction*** (dba). Since 2002, RUC has served over 305,000 middle and high schools students with a 20-session curriculum (five sessions for each grade 6-10). A recent release of a new study from the Applied Research Center of Miami University provided evaluation of 33,000 matched pre and post surveys dating 2005-2010 and revealed that

of those students completing five sessions each year, **93.7%** pledged to save sexual activity for marriage. Only 5% of the students surveyed did not agree to save sex for marriage. At least these students cannot say that no one ever told them how to have a happy, healthy relationship. We know that not all the students who say they will keep their pledge will actually do it, but 72% of high school students are not sexually active and we attribute that to RUC and programs like RUC in the state of Ohio and the country. RUC is now presented to students in 49 of the 88 counties in Ohio. Catherine has also trained people in 30 states in the nation and in the Ukraine, the Philippines and Nigeria. People in several other countries have taken the curriculum to their country, including Uganda, Mexico, and Brazil. For the school year 2013-2014 RUC served almost 20,000 students in our 32 county area.

In 2014, Catherine presented workshops on teen dating violence and domestic violence, unveiling RUC's new curriculum, ***Constructing Safe Relationships*** at two pregnancy center national conferences, Heartbeat International and CareNet. She also provided a webinar of the same for Heartbeat International. During these workshops, Catherine urged pregnancy centers around the world to present this information on healthy versus unhealthy relationships to all of their clients.

With this funding, RUC will provide special trainings for the client consultants (mostly volunteers) at each of the collaborating centers so this important information about healthy and unhealthy relationships can be presented to as many clients as possible. We know this will help children to be safer and parents to be better, safer parents. This is life-saving education for our clients and their children. Without the assistance of this funding, this is a slow process. In each of the pregnancy centers RUC works with, we train individuals who are committed to teach RUC in the schools in their area, but we have never had the funds to train volunteers and staff who work with the clients in each center. We know that the information we teach in both curriculums can stop the patterns of abuse by helping clients identify signs of abuse and also learn what a healthy relationship looks like. RUC is dedicated to optimal health for children and for families.

RUC saves taxpayers money. RUC's New Return on Investment report shows that \$2,400 to serve 100 students yields a conservative annual savings of \$72,980 and a lifetime savings of \$657,993 for taxpayers!¹

Here is what some students have to say about RUC. You can see many more comments on the RelationshipsUnderConstruction.com website – “What people are saying.”

7th grade female: This class helped me because I'm still a virgin but my boyfriend who is 3 years older than me has had sex with 3 other girls. I knew he expected it from me but with this class I

¹ Program Return on Investment™ calculations from Saint Wall Street LLC. Cost data from government and private research sources that include, but may not be limited to, the Guttmacher Institute, Youth Risk Behavior Surveillance System, and the National Center for Health Statistics.

was able to tell him my boundaries and that we weren't having sex. He may be mad, but whatever 😊

7th grade female: This presentation was very, very, very, very, very, very, helpful. Everything that was said this week helped me a lot. Because I recently got a boyfriend, and was close to having sex with him. I'm talking like a week or so. But, thank you for showing me it is better to wait. Because, if you would have came any later than this week I would already have gave myself away to him. So, yes, I now really consider being abstinent. Thank you!

Athens County

A locally organized and funded 501(c)(3) non-profit organization that has been serving Athens and the surrounding counties since the Spring of 2003, the Pregnancy Resource Center of Athens County (PRCAC) is dedicated to strengthening women and families by serving those with pregnancy-related concerns and by promoting sexual integrity. We serve all clients without discrimination on the basis of race, religion, color, age, marital status, national origin, disability or gender. Our website is athenspregnancy.com.

The PRC is the only pregnancy resource center in SE Ohio within an approximate 50-minute driving radius, so we draw clients from our small town (primarily from the 21,000 Ohio University students because of our location immediately adjacent to the university), as well as individuals from the surrounding rural Appalachian counties. The specific services we provide onsite at 43-A South Court St, Athens, confidentially and free of charge include: pregnancy tests and options counseling to empower clients with accurate and immediate information; confirmation ultrasound by licensed medical professionals; baby boutique with clothing, furniture, and diapers; more than 65 DVD-based prenatal and parenting lessons for clients to watch and discuss one-on-one; referrals to community agencies such as Pathways, WIC, Help Me Grow and Early Head Start; and referrals to specialized agencies for adoption or other issues such as homelessness, addiction recovery or domestic violence. We also reach hundreds of middle and high school students each year in Athens and six surrounding rural counties in SE Ohio by presenting the state and nationally approved sexual risk avoidance curriculum, Relationships Under Construction. We do not refer for, advertise for, or counsel for abortion and are not involved in any abortion activities. We do not sub-contract or sub-grant services.

Our executive director (a registered nurse who specialized in labor and delivery) and our director of client services (with a Ph.D. in Curriculum and Instruction and many years teaching experience) lead a team of over 40 well-trained volunteers. All staff and volunteers live in Ohio.

Client Success Stories: C was a college freshman when she came to the PRC for a pregnancy test, which turned out positive. Her boyfriend was getting ready to be deployed to Iraq and it just didn't seem like the right time for a baby. But we discussed her options and the resources available to her and, after much thought, she decided to continue the pregnancy. C came to the

PRC for our one-on-one prenatal education sessions and has kept in touch with us since then. As a result of her experience at the PRC she changed her major to social work, graduated from university last year, has a full-time job as a social worker with a state agency, and in 2014 married her boyfriend. Their daughter, who just turned 5, was the flower girl. With her permission, we offer student clients who are considering abortion a way to get in touch with C so, if desired, they can hear about her experiences of parenting and still being able to continue her education. ***Helping pregnant students stay in school is one of our key goals.***

D, whose ex-girlfriend had recently given birth to their daughter, had been looking for parenting classes in Athens and couldn't find any. Finally an acquaintance at the courthouse suggested the PRC. D wanted to learn how to take care of his baby when he had her for visitation. His parents were deceased and he had no one to turn to for advice. D came regularly to the PRC for many weeks after work to watch our DVDs on parenting and discuss ways to become a good father for his daughter. Our experience with D was a catalyst to start our ***fatherhood mentoring program***, which is currently operating with several male volunteers, and which we hope to expand with grant funds.

Clients Served

One of the four purposes of the TANF block grant (42 U.S.C 601) is to prevent and reduce the number of out-of-wedlock pregnancies. Over the last two years the PRC has reached more than 1,740 students in SE Ohio (in Athens, Morgan, Hocking, Perry, Vinton, Gallia, and Meigs counties) with the 5-day Relationships Under Construction sexual risk avoidance curriculum and our fertility awareness presentation. In addition, the PRC has served 438 clients during the last two years with personalized parenting sessions and pregnancy tests. Additional funds will help us advertise and reach out to many more low-income women and families in Appalachia.

Indicators of Effectiveness and Quality

All clients complete a brief, confidential exit survey after each visit to the PRC, whether for an ultrasound, pregnancy test or parenting session. In the place for additional comments, clients have made the following statements:

"This place is an oasis of tranquility in the midst of chaos."

"Thank you for pulling me up out of the pit."

"Awesome support. One thing [the counselor] said that really stuck with me is that 'You are worth waiting for.' Thank you guys so much!"

"You are our only source of parenting help. Where else could we go? Thank you for everything!"

Outcomes achieved over the last year include **a 99% rating by clients on the exit survey**, indicating an exceptionally high level of satisfaction with our services, and an 86% rate of abortion-vulnerable women who decided to carry to term after an ultrasound at the PRC.

Length and Depth of Experience

1. **Family planning or other services.** For the last two years, a PRC team has presented sessions on fertility awareness and education to sororities, residence halls at Ohio University, and mothers of adolescents. We hope to expand this much-needed service in the larger community as well as to clients at the PRC, since fertility awareness helps to reduce the number of unplanned pregnancies and to prevent abortion. **Key staff experience:** Our lead presenter is currently completing her Masters in Public Health and has been involved in fertility education for more than 20 years.
2. **Abortion prevention services and childbirth promotion.** Since its founding 11 years ago the PRC has had as its primary purpose to promote healthy childbirth rather than abortion. We help to prevent abortion by providing options counseling, material resources, and ultrasound confirmation, all at no charge to clients. A key future goal is to promote healthy childbirth and prevent abortion by providing STD testing in our recently completed medical wing. Women infected with an STD have a more difficult time achieving a healthy childbirth. We receive frequent requests from young people for STD testing. They state they don't want their parents to get an insurance notice of STD testing so they just don't get tested. According to the Centers for Disease Control, 50% of young people get an STD before they are 25, which can affect later fertility and ability to carry a pregnancy to term. In addition, if young people come to the PRC for STD testing and remain sexually active they are also likely to come to us for pregnancy tests, options counseling, and confirmation ultrasounds in our life-affirming facility. **Key staff experience:** Our director of client services, who trains all our volunteers, has a doctorate in education and has been involved in pregnancy center counseling for nine years. Her personal experience with a crisis pregnancy adds to her understanding of the need for abortion prevention.

Client Success Story: J came to the PRC to discuss options and was planning to have an abortion. A career woman with some medical issues, she did not think continuing the pregnancy would be wise. We encouraged her to discuss with her OB/GYN the option of adjusting the medication she was taking instead of having an abortion. Two weeks later, J returned to the PRC to begin our prenatal sessions, with a huge smile on her face and a complete turnaround in her perspective on the pregnancy. *We strive to prevent abortion by providing **accurate** information on pregnancy-related issues.*

3. **Parenting development and adoption assistance.** For clients considering adoption, the PRC provides adoption information, referrals to agencies, and ongoing education during the pregnancy. Each year our staff receives additional training on adoption counseling. For pregnant clients deciding to parent, we offer the Earn While You Learn

program, with over 65 DVD lessons available on pregnancy and parenting. Topics covered include nutrition, labor and delivery, breastfeeding, fatherhood, soothing a baby, newborn care, and communication and conflict resolution, among many other subjects. All sessions are presented one-on-one with clients so there is time for individual discussion. We are the only source of comprehensive newborn-to-12 months parenting classes in SE Ohio within a 50-minute driving radius of Athens. Through the EWYL services our goal is to build stronger two-parent families, which is also in line with one of the four purposes of the TANF block grant. We have 11 years' experience in offering high-quality personalized parenting programs which provide low-income women and families in Appalachia with the knowledge and confidence they need to parent successfully.

Client Success Story: M came to the PRC devastated at the possibility of being pregnant, which did not fit in with her plans as a college student. The positive pregnancy test appeared to crush all her dreams. However, after talking through her situation with one of our counselors, M decided to place her baby for an open adoption. Now, several years later, M has just graduated from nursing school, keeps in touch with us, and is available to talk by phone with our clients seeking information about adoption. *The PRC empowers students to stay in school through providing contacts for peer counseling by other student parents.*

With grant funding we plan to increase awareness in SE Ohio of our services through strategic advertising; expand our parenting program with additional and updated lessons, including fatherhood mentoring, promotion of healthy relationships, and financial literacy; and expand our medical services. For 2014-15, with grant funding, we hope to increase our client base by at least 20%.

We provide referrals to, and receive referrals from, numerous local agencies such as Good Works (homeless shelter), Pathways (Family Navigator Program), My Sisters Place (domestic violence shelter), WIC, Big Brothers/Sisters, and Help Me Grow. We have also had clients referred to us by the following: parole officer, courthouse, high school teacher, physicians and nurses, and pastors.

With qualified directors, well-trained staff, and a state-inspected medical suite operated by licensed, highly-experienced medical professionals, the Pregnancy Resource Center reaches out with compassion, accurate information, and practical help to low-income individuals at a very vulnerable point in their lives. Through their contact with the PRC, women and families are empowered to make wise choices which have life-long consequences. Grant funding will enable the PRC to help additional individuals in Appalachia form stronger, healthier families.

Delaware County

Pregnancy Resources of Delaware County (Pregnancy Resources) began as The CORE Center in Sunbury, Ohio in 2007. The Center moved to Delaware in 2011 to be nearer the population base

of the county. Because we are a fairly new center we serve around 100 clients a year. This funding will help us become better known in our county. We expect a 20% increase in clients as an outcome.

Pregnancy Resources is a life-affirming pregnancy center that offers the following free and confidential services:

- Pregnancy tests
- Limited obstetrical ultrasounds
- Consultations with trained volunteers
- Referrals to local social services
- Encouragement to clients to obtain pre-natal medical care
- Maternity clothes
- Earn While You Learn - This program enables parents to earn points for completing educational modules that cover a range of topics from pregnancy and pre-natal health to breast feeding and baby care through toddler age. Parents may then spend the points in our Baby Boutique for clothing and other items (see enclosed brochure.)
- Moms' Support Group – A twice monthly meeting for new moms to network and discuss topics of interest with trained group leaders.
- Information about adoption. We do not arrange adoptions; however, we discuss adoption as a loving option and provide referrals to reputable adoption services.
- Information about abortion. We are life-affirming and do not perform abortions or refer for abortion. We provide factual information about what an abortion-bound client needs to know before making that choice. This is done in a factual, non-judgmental fashion.
- PRDC collaborates with RUC to provide classes to over 4,000 students a year in Delaware County.

Our education program (Earn While You Learn) provides us the tools with which to address pre-natal and parenting issues (pre-natal nutrition, co-sleeping with baby, smoking, breast feeding), common to teen parents that can contribute to or prevent infant mortality.

Pregnancy Resources of Delaware County proposed the use of grant funds to promote a Safe Sleep message and to improve awareness of our center's location.

We are excited about a new forum that this funding can provide. Our WCVO radio spot will be an ad, but it will be a discussion with Kathryn Gannon, RN with the morning host, Mary O'Brien, who is pregnant. Topics will be pre-natal nutrition, breast feeding, safe sleeping (no "stuff" in cribs, no co-sleeping, etc.), etc. After Mary has her baby, if she comes back, the conversation will continue about baby care, safe sleep, etc. Their demo is 18-34—it's perfect for the safe sleep message.

Hardin County

Heartbeat of Hardin County was established in 1983 to serve residents of Hardin County facing an unplanned pregnancy. Our staff and volunteers are educated on a regular base through attending trainings and research. **Over 85% of our staff and volunteers have been with the program for over eight years.**

Our programs have expanded with the needs of our community. We have an earn-as-you-learn program, Bridges, for both fathers and mothers, which meets monthly. This program allows clients to earn points to get things they need such as diapers, formula and clothes. Parents can attend the program until their youngest child is four years of age. Within the past eight years, we have added a car seat program and crib program, from a community grant. We also provide peer-counseling to those needing a pregnancy test and provide proof of pregnancy to Hardin County JFS. Another program we offer is Relationships Under Construction education in the county schools for grades 6-12, and an eight-week mentoring program for girls in 7th – 12th grades. We also offer adoption resources.

Heartbeat of Hardin County is community-oriented. We collaborate with other county agencies such as WIC, JFS, Health Dept, OSU Extension Service, and many others. The goal of these collaborations is to provide education to young ladies and men who find they are going to be parents and are concerned and sometimes scared. Education is provided through peer counseling and long term support programs. We are currently offering a half-hour program for new parents on the “period of crying purple.” Videos are provided through the Partnership for Violence Free Families and the Hardin County Safety Coalition.

Heartbeat of Hardin County serves both mothers and fathers. In 2012, there were 212 walk-in clients and in 2013 there was 185 walk-in clients needing a pregnancy test, diapers, or formula. For the Bridges program there were 124 clients in 2012 and 111 clients in 2013. We have seen a decline in our Bridges numbers due to many of our clients getting jobs. A few of those clients are now becoming donors to the program.

We are in need of this grant to help us get the word out about the services we offer. The Board of Directors has made it a priority this year to really work on public relations. We propose to reach our community by developing brochures to be distributed to every student and client we teach in our programs, also at community meetings and business contacts in the county. Billboards are an effective way to raise community awareness and would be successful in Hardin County. We have noticed that more people are using the internet/social media and we need to establish a better social media presence through a website and other forms of social media.

Richland County

Richland Pregnancy Services (RPS), a 501(c)3, has been serving the community of Mansfield and Richland County for the past 27 years, providing free medical, material, educational and emotional support to a population at-risk for unintentional pregnancies and sexually transmitted

diseases, and those in need of parenting skills training. This population includes, but is not exclusive to, teenagers and young adults, both male and female of varying ethnicities and degrees of financial need.

According to the Richland Public Health Department of Richland County (excluding the city of Shelby) the teen birth rate in 2013 was at 12%. Of the teen births, 43% are non-Caucasian with 94% being single. In 2013 Richland Pregnancy Services provided services to over 1,300 clients in-house and over 2,500 students in area schools received the Sexual Risk Avoidance/Healthy Relationship Education by partnering with Relationships Under Construction (RUC). \$7,033 was spent to provide cribs and mattress to those completing parenting classes in fiscal year 2013. This was a 62% increase in dollars spent than in the previous year for cribs and mattresses. RPS joins the Ohio Department of Health and the Infant Safe Sleep Campaign responding to this crisis by supplying cribs and mattresses through our parenting classes. We need help to meet all the needs and we also need promotional dollars to make sure that people who need assistance find our programs. A few of our clients had this to say regarding the Parenting Classes: *"I loved the classes and have told others about them,"* and *"I learned about Basic Infant Care, stress management and the importance of reading to your child."*

Ross County

Elizabeth's Hope Pregnancy Resources (www.ThereIsHopeToday.org) began in Pickaway County in 1993 when a group of individuals felt the need to respond to the teen crisis pregnancy situations in their community. Since that time we have grown to have four centers in the surrounding counties of Ross, Pike and Jackson. Our mission is to offer hope to girls and women who find themselves in a crisis pregnancy, but also to encourage and educate them about healthy baby/child development, parenting skills, and effects of addictions and abuse along with teaching them other life skills such as budgeting, resume and job preparation. We also work with the fathers in a similar way. Clients attend weekly sessions where they are educated in our Earn While You Learn curriculum. They accumulate credits for each visit and are then able to purchase items such as cribs, car seats, strollers, diapers and wipes and other baby care essentials up through the age of 2. Emergency supplies are also offered to those not working through the program and to clients every 90 days. Those supplies include diapers and wipes, formula and food if available and gently used clothing and baby items.

In 2013 we had 4,981 MOMS client visits & 186 DADS client visits. In 2012 we had 3,164 MOMS client visits and 240 DADS client visits. 95% of our clientele is on Medicaid. **70% of babies born at Adena Regional Hospital in Chillicothe, OH are born to mothers addicted to drugs**, along with numerous other health issues such as infant mortality, low birth weights and developmental issues. With the assistance of our program and our partnerships with other organizations in our area, we can make a difference in the mothers and families we are able to reach.

We currently have partnership relationships with several other community organizations where we attend monthly social service meetings and events and maintain working relationships to keep current with the services that each organization provides in order to properly refer our clientele to the organization that can best assist them with their current needs. Some of those organizations include ODJFS, local courts for Parenting Class referrals, The Recovery Council, WIC, Georgia Harris House, Bridgehaven, homeless shelters, Seeds of Hope, Adena Regional Medical Center OB/GYN, County Health Depts, Help Me Grow, Community Action, Integrated Services, Sojourners, Relationships Under Construction, and Coalition of Domestic Violence.

EHPR has so many success stories. These are just a couple recent stories:

A woman in her 30's came to center in January 2014. She had multiple children and was not in a good relationship. She wanted an abortion, however meeting with one of the volunteers and reviewing all of her options decided to place the child for adoption instead. EHPR connected her with Adoption Star and she has been working with them and has chosen a family for her baby. She is happy was able to choose the best option for her child.

A very young couple came to us the end of 2013 pregnant. They chose to get married at ages 19 & 20. In January, the young couple went into labor early and the baby ended up on life support. The mother had health issues related to the pregnancy. The mother recovered and Dad continued to meet weekly with our Dad's mentors. In June 2014 unfortunately the baby passed away. However, with our continued connection with the couple they are navigating through their grief. They are successfully getting past the trauma that they have endured at such a young age.

Recent Comments EHPR

06/17/14 – Client exit survey – *The women are very kind people who speak to you and treat you like a long time friend.*

07/02/14 – *I'm really glad EHPR exists. The classes help a lot and it's nice to be able to talk to someone who can relate and that I can learn from especially since this is my first pregnancy. Thank you EHPR & Dawn! You guys are awesome.*

07/09/14 – Client's first visit and comments – *I enjoyed learning about the services offered here and I look forward to coming back.*

ORPCC Summary:

ORPCC is very excited to offer this extremely reasonable proposal that will meet the goals of this funding to increase the community awareness of available services, and provide new and expanded services (not supplanting existing services) for pregnant women and parents or other

relatives caring for children twelve months of age or younger which meets one or more of the four purposes of TANF, Temporary Assistance for Needy Families. ORPCC provides this assistance for a geographically diverse area of the state that may not otherwise be considered for funding. ORPCC offers rural, urban and suburban mix and very high poverty to very low poverty areas. The Program Lead, Relationships Under Construction President, Catherine Wood, is highly qualified to lead this project and document successful outcomes as well as barriers to service. The ORPCC project will provide three areas of program services: 1) parenting classes, 2) training to expand programs and 3) a media plan to increase awareness in each community. Third party agreements will be provided. ORPCC members have worked together on other projects and have been successful, indicating that we can implement this proposal immediately upon notice of award. ORPCC would be honored to assist the ODJFS in meeting the goals of this project.